#### **Aquatics Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—12:45pm <b>Lap Swim</b> <b>18</b> +	12:00—12:45 pm Senior Aquacise	12:00—12:45pm <b>Lap Swim</b> <b>18</b> +	12:00—12:45 pm Senior Water Walking 55+	12:00—12:45 pm <b>Adult Lap Swim</b> <b>18</b> +	10:00—10:45am Youth Open Swim 8-17
1:00—2:45pm Open Swim 18+	1:00-2:00pm Adult Lap Swim Ages 18+	1:00—2:00pm Adult Open Swim 18+	1:00-2:00pm Adult Lap Swim Ages 18+	1:00—1:45pm Adult Open Swim Ages 18+	11:00-11:45am <b>Parent &amp; Tot</b> <b>Swim</b>
4:00-4:45pm Youth Open Swim Ages 8-17	2:00-2:45pm Adult Open Swim Ages 18+	2:00-2:45pm Adult Open Swim Ages 18+	2:00-2:45pm Adult Open Swim Ages 18+	2:00-2:45pm Adult Open Swim Ages 18+	12:00-1:45pm Youth Open Swim & Family Swim
5:00-6:00pm Swim Team Practice Ages 8-17	4:00-5:00pm Youth Learn to Swim Ages 8-17	4:00-5:00pm Youth Open Swim Ages 8-17	4:00-5:00pm Youth Learn to Swim Ages 8-17	4:00-5:00pm Youth Open Swim Ages 8-17	3:00-4:00pm Adult Lap Swim Ages 18+
6:00-7:30pm Adult Open Swim Ages 18+	5:00-5:45pm Youth Open Swim Ages 8-17	5:00-5:45pm Open Swim Ages 13-17	5:00-5:45pm Youth Open Swim Ages 8-17	5:00-5:45pm Swim Team Ages 8-17	4:00-5:30pm Adult Open Swim 18+
	6:00-7:30 Adult Open Swim Ages 18+	6:00-6:45pm Adult Water Walking Ages 18+	6:00-7:30 Adult Open Swim Ages 18+	6:00-7:30pm Family Swim	_

7:00-7:30 Adult Open Swim 18+

All children under 8 years old and 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult. Sauna open during adult times only

## **Outdoor happenings**

Kickball Flag Football Fridays 4:00—5:00pm Monday & Wednesday 4:00—6:00pm 8-17 8-17





### **After School Meals**

4:00p.m.—5:00p.m Monday—Friday 18 & Under

Schedule subject to change without prior notice



# **Physical Fitness**

Weight Room Senior Fitness Boxing Techniques Monday — Friday 12:00-7:30pm Monday Wednesday Friday 10:00am 11:00am Adults Mon—Thursday 5:30-7:30 8+



### Game Room & Computer Lab

Video Games After School All-Stars Computer Lab Mon—Fri 3:00-5:30 p.m. 8 -17 Mon-Thur 3:00-5:30 Mon—Fri 12:00-3:00 Ages 18+

#### Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—12:45 pm	12:00—12:45 pm	12:00—12:45 pm	12:00—12:45 pm	12:00—12:45 pm	10:00-10:45am
<b>Adult Open</b>	<b>Adult Open</b>	<b>Adult Open</b>	<b>Adult Open</b>	<b>Adult Open</b>	<b>Adult Open</b>
<b>Gym</b>	<b>Gym</b>	<b>Gym</b>	<b>Gym</b>	<b>Gym</b>	<b>Gym</b>
Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+
1:00 –1:45pm	1:00 –1:45pm	1:00 –1:45pm	1:00 -1:45pm	1:00 -1:45pm	11:00-11:00pm
Adult Open	<b>Adult Open</b>	<b>Adult Open</b>	<b>Adult Open</b>	<b>Adult Open</b>	Adult Open
Gym	<b>Gym</b>	<b>Gym</b>	<b>Gym</b>	<b>Gym</b>	Gym
Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+
2:00-2:45 pm	2:00-2:45 pm	2:00-2:45 pm	2:00-2:45 pm	2:00-2:45 pm	1:00—1:45pm
<b>Adult Open</b>	<b>Adult Open</b>	<b>Adult Open</b>	<b>Adult Open</b>	<b>Adult Open</b>	Youth Open
<b>Gym</b>	<b>Gym</b>	<b>Gym</b>	<b>Gym</b>	<b>Gym</b>	Gym
Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 18+	Ages 8-17
3:00—4:45 pm	3:00—4:45 pm	3:00—4:45 pm	3:00—4:45 pm	3:00—4:45 pm	2:00—2:45pm
Youth Open	<b>Youth Open</b>	Youth Open	Youth Open	<b>Youth Open</b>	Youth Open
Gym	<b>Gym</b>	Gym	Gym	<b>Gym</b>	Gym
Ages 8-17	Ages 8-17	Ages 8-17	Ages 8-17	Ages 8-17	Ages 8-17
5:00—6:00 pm Basketball Training Ages 8-17	5:00—6:00 pm Basketball Quick Shot/2 Ball Ages 8-17	5:00—6:00 pm Volleyball Practice	5:00—6:00 pm Basketball Training Ages 8-17	5:00—6:00 pm <b>Dodgeball</b> Ages 8-17	3:00—3:45pm <b>Hot Shot</b> Ages 8-17
6:00—7:30pm <b>Adult Open</b> <b>Gym</b> <b>18</b> +	6:00—7:30pm Adult Open Gym 18+	6:00—7:30pm <b>Adult Open</b> <b>Gym</b> <b>18+</b>	6:00—7:30pm <b>Adult Open</b> <b>Gym</b> <b>18+</b>	6:00—7:30pm <b>Adult Open</b> <b>Gym</b> <b>18+</b>	4:00—5:30pm Basketball Fundamentals/ 2 Ball Ages 8-17